

SKOWHEGAN AREA HIGH SCHOOL

Wednesday, January 25, 2023 - Day 1

Lunch: Crispy Chicken Sandwich, Veggie Sticks, Crisp Apples - Fruit & Veggie Bar



Athletic Schedule – January 23 – January 28, 2023

Day	Date	Sport	Opponent	Location	Time	Dismissal	Bus Times
Monday	1/23	Boys Bsktbl/Girls Bsktball – Postponed to Wednesday 1/25	Mt. Blue	Skowhegan	4:00 FT/ 5:30 JV/ 7:00 V		4:00pm
Tuesday	1/24	Alpine Ski	PRACTICE	Titcomb Mtn	3:30pm		2:30pm
Wednesday	1/25	Wrestling	Mt. View, Lincoln Academy, Morse	Skowhegan	5:00pm WI / 6:00pm WR		
Early Release Day		Alpine Ski	RACE	Titcomb Mtn	4:00 pm		1:30pm
Thursday	1/26	Aline Ski	PRACTAICE	Titcomb Mtn	3:30pm		2:30pm
		Boys Basketball	Nokomis	Skowhegan	4pm FT/ 5:30pm JV/ 7pm V		

Day	Date	Sport	Opponent	Location	Time	Dismissal	Bus Times
Thursday	1/26	Girls Basketball	Nokomis		5pm JV/ 6:30pm V		3:30pm
		Bowling	All Teams	Lewiston	3:30pm	1:15pm	1:30pm
		Indoor Track	Win, Nok, MT. A, Leavitt, Morse, OxHills	USM	5:30pm		2:20pm
Friday	1/27	Boys Basketball	Erskine Academy	Erskine Academy	3:30pm FT/ 5pm JV/ 6:30pm V	1:30pm	1:45pm
		Girls Basketball	Erskine Academy	Skowhegan	5:30pm JV/ 7:00pm V		
		Alpine Ski	RACE	Black Mtn	4:00pm 12:15pm	12:30pm	
Saturday	1/28	Wrestling	KVAC Championship	Cony HS	7:30am WI / 9:30am WR		6:00am
		Cheering	Paws For A Cause Competition	Lawrence HS	10:00am		7:30am

GUIDANCE:

SENIORS:

JUNIORS:

SOPHOMORES:

FRESHMEN:

Other:

Art Club:

Board Games Club:

Book Club:

Bowling Club:

Chess Club:

Civil Rights Team:

Drama/Speech:

Eco Team: All students are welcome to join the Eco Team at any time during the year. Projects are student designed and work to reduce the impact our school has on the environment. This year's project focus is testing and improving indoor air quality at SAHS. The Eco Team has honey still available to purchase. \$10 per pound and no limits on how much you buy. See me in G10 to purchase.

Math Team: For those interested in joining or learning about the Math Team Please see Mr. Small in Green 3. All skill levels are welcome! We have 6 competitive meets throughout the school year. We will be figuring out practice dates once members are gathered. We will have an online presence as well for those unable to attend the practice meetings.

Outing Club: [Skowhegan Outdoors](#) and Move More Kids have partnered with [Titcomb Mountain](#) for a FREE SKI DAY on February 4. The Somerset Outing Club will cover the cost of lift tickets, equipment rentals, and ski lessons and provide a free lunch for all who register! Students can take advantage of our free transportation at one of the 5 pick-up locations OR families may drive their own vehicles and caravan with the Skowhegan Outdoors group!

There will be opportunities for snowboarders, downhill skiers and cross-country skiers at Farmington's family friendly mountain. Those who plan on attending should bring the following; Ski pants, jackets, gloves/mittens, warm socks (maybe even a spare pair), lots of layers, goggles/sunglasses, and possibly a change of clothes for the ride home.

[The Maine Meal](#) will provide free lunches BUT Titcomb does have a small kitchen/menu so feel free to bring some cash for a snack/drink!

If you are interested in this trip, you must sign up with Miss Drummond in G10 or via email @ kdrummond@msad54.org no later than next Wednesday, February 1st.

Poetry Club:

Recycling: Please put only paper in the blue recycling bins in the classrooms. Trash goes in the trashcans. Cardboard, plastic & bottles cans go in the bins in the hallway.

School Newspaper: Are you interested in working on the school newspaper this year? See Mr. LaFlamme or Mr. Smith for more information.

Yearbook: Students: If you have photos you would like to share to possibly be included in the yearbook, please email Ms. Strout at jstrout@msad54.org or Ahnalese Higgins at 23higginsan@students.msad54.org. We would love to see group photos during homecoming, Halloween, sporting events or any other school activity! If you are interested in purchasing a yearbook, they are currently \$50. See Mr. Staples in B-5 to pre-order yours today!

Teacher News : Wake up ill? Sub needed? Call Sharon Mellows at 696-4938 between the hours of 5 and 7 AM. Or e-mail her at sharon.mellows@myfairpoint.net or smellows@msad54.org.